



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01124, Egg, white, raw, fresh

Report Date: July 09, 2017 11:43 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 33g	1 cup 243g
Proximates						
Water ¹	g	87.57	12	0.124	28.90	212.80
Energy	kcal	52	--	--	17	126
Energy	kJ	216	--	--	71	525
Protein ¹	g	10.90	12	0.137	3.60	26.49
Total lipid (fat) ¹	g	0.17	12	0.018	0.06	0.41
Ash ¹	g	0.63	12	0.029	0.21	1.53
Carbohydrate, by difference	g	0.73	--	--	0.24	1.77
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total ¹	g	0.71	1	--	0.23	1.73
Sucrose ¹	g	0.07	1	--	0.02	0.17
Glucose (dextrose) ¹	g	0.34	1	--	0.11	0.83
Fructose ¹	g	0.07	1	--	0.02	0.17
Lactose ¹	g	0.07	1	--	0.02	0.17
Maltose ¹	g	0.07	1	--	0.02	0.17
Galactose ¹	g	0.07	1	--	0.02	0.17
Minerals						
Calcium, Ca ¹	mg	7	12	0.320	2	17
Iron, Fe ¹	mg	0.08	12	0.004	0.03	0.19
Magnesium, Mg ¹	mg	11	12	0.178	4	27
Phosphorus, P ¹	mg	15	12	0.409	5	36
Potassium, K ¹	mg	163	12	1.848	54	396
Sodium, Na ¹	mg	166	12	1.842	55	403

Nutrient	Unit	1 g	Value Per 100 Data points	Std. Error	1 large 33g	1 cup 243g
Zinc, Zn ¹	mg	0.03	12	0.004	0.01	0.07
Copper, Cu ¹	mg	0.023	12	0.002	0.008	0.056
Manganese, Mn ¹	mg	0.011	12	0.000	0.004	0.027
Selenium, Se ¹	µg	20.0	4	5.364	6.6	48.0
Vitamins						
Vitamin C, total ascorbic acid ¹	mg	0.0	1	--	0.0	0.0
Thiamin ¹	mg	0.004	1	--	0.001	0.010
Riboflavin ¹	mg	0.439	12	0.008	0.145	1.067
Niacin ¹	mg	0.105	4	0.002	0.035	0.255
Pantothenic acid ¹	mg	0.190	1	--	0.063	0.462
Vitamin B-6 ¹	mg	0.005	1	--	0.002	0.012
Folate, total ¹	µg	4	4	0.000	1	10
Folic acid	µg	0	--	--	0	0
Folate, food	µg	4	4	0.000	1	10
Folate, DFE	µg	4	--	--	1	10
Choline, total ¹	mg	1.1	4	0.129	0.4	2.7
Betaine ¹	mg	0.3	4	0.047	0.1	0.7
Vitamin B-12 ¹	µg	0.09	4	0.000	0.03	0.22
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ¹	µg	0.0	1	--	0.0	0.0

Lipids

Nutrient	Unit	1			1 large 33g	1 cup 243g
		Value Per 100	Data points	Std. Error		
	g					
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan ¹	g	0.125	--	--	0.041	0.304
Threonine ¹	g	0.449	--	--	0.148	1.091
Isoleucine ¹	g	0.661	--	--	0.218	1.606
Leucine ¹	g	1.016	--	--	0.335	2.469
Lysine ¹	g	0.806	--	--	0.266	1.959
Methionine ¹	g	0.399	--	--	0.132	0.970
Cystine ¹	g	0.287	--	--	0.095	0.697
Phenylalanine ¹	g	0.686	--	--	0.226	1.667
Tyrosine ¹	g	0.457	--	--	0.151	1.111

Nutrient	Unit	1			1 large 33g	1 cup 243g
		Value Per 100	Data points	Std. Error		
Valine ¹	g	0.809	--	--	0.267	1.966
Arginine ¹	g	0.648	--	--	0.214	1.575
Histidine ¹	g	0.290	--	--	0.096	0.705
Alanine ¹	g	0.704	--	--	0.232	1.711
Aspartic acid ¹	g	1.220	--	--	0.403	2.965
Glutamic acid ¹	g	1.550	--	--	0.511	3.767
Glycine ¹	g	0.413	--	--	0.136	1.004
Proline ¹	g	0.435	--	--	0.144	1.057
Serine ¹	g	0.798	--	--	0.263	1.939
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein ²	mg	0.00	1	--	0.00	0.00
Genistein ²	mg	0.00	1	--	0.00	0.00
Glycitein ²	mg	0.00	1	--	0.00	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6d, 2002 Beltsville MD

²Pei et al. Isoflavone content of eggs sampled in the Beltsville, Maryland Area., 2015 Unpublished data